**LEISURE RESOURCES**

*Recreation Opportunities for People with Disabilities*

**FALL/WINTER 2019-2020 PROGRAM LISTINGS**

Baltimore County Department of Recreation and Parks and the local recreation and parks councils offer a variety of recreational opportunities and services **Countywide**. This newsletter highlights programs designed specifically for individuals with disabilities, their family members and friends. Individuals with disabilities are encouraged to participate in all general Department programs as well. Contact your local recreation office for complete program offerings. Please take advantage of their programs and events. Better yet, start a new program and become involved in your local recreation and parks council. We will make reasonable accommodations for full participation.

The Leisure Resources newsletter is available on line at [http://www.baltimorecountymd.gov/agencies/recreation/programdivision/therapeutic/index.html](http://www.baltimorecountymd.gov/agencies/recreation/programdivision/therapeutic/index.html)

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**AFTER SCHOOL PROGRAM**

**After School Program** – Offers enrichment activities (such as arts and crafts, active games, literacy, sensory). Participants, ages 4 to 21 years may attend the program from 3:15 until 6:00pm, Monday through Friday. Held at Ridge Ruxton School, 6916 N. Charles St., Towson. Registration accepted based upon openings. Cost is $15 per day per child. For more information and/or an application form, please call the TR Office at 410-887-5370 or email ekilcullen@baltimorecountymd.gov.

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**FITNESS / SPORTS**

**Yoga-Pilates** (Also known as Yoga-Lates) is designed to create physical fitness, endurance, strength, range of motion, healthy posture and overall flexibility through a series of mat exercises that focus on increased lung capacity through deep healthy breathing. It will teach and enable individuals with disabilities to experience and improve gross motor skills, balance and control of the body. For ages 18 and older, with or without disabilities. Participants must be able to follow verbal directions and have the ability to perform gross motor movements. Program will be held on Wednesdays, at the Loch Raven Center, 1801 Glen Keith Boulevard in Towson, 6:30-7:30pm in the Library Room. Cost is $70 per person for 10 weeks; participants may register at any time (cost will be pro-rated). Fall session will start on September 11th and will end on November 20th. (No class 9/25) A winter session will start on January 8th and end on March 11, 2020. For more information or to be placed on the mailing list for this program, please call 410-887-5370.
**Martial Arts** - Beginner Martial Arts classes will be offered throughout the year by the Greater Loch Raven Recreation Council at the Loch Raven Center, 1801 Glen Keith Boulevard. Instructor is Master Curtis R. Watkins Quick, Sixth Degree Black Belt, in Karate and Tae Kwan Do. Program is open to individuals with and without disabilities, ages 3 years and older. Participants will develop the ability to exercise discipline and self-control, which teaches focus, self-awareness, respect, and confidence. Program meets on Mondays, Wednesdays, or Fridays; 6:00pm-6:30pm and registration is ongoing. For more information, please contact Master Quick at 443-829-1022 or the Greater Loch Raven Recreation Office at 410-887-5309; www.glrrc.com.

**Adapted Soccer** - The Parkville Recreation and Parks Council is sponsoring a non-competitive adapted soccer program for youth with disabilities ages 5 to 18 at Harford Hills Elementary, Saturdays, 10am-12pm. Practice begins September 7, 2019 through November 9, 2019. Cost is $35 per child. Parents/guardians must assist with the program. Contact Debbie Rohlwing, kevanddeb@msn.com, 410-661-4614 or register online at www.stonealley.com.

**ASPIRE Basketball** – The Edgemere-Sparrows Point Recreation Council is sponsoring recreational basketball for children with disabilities ages 5 to 18. Program begins Wednesdays, at 6:00pm. September 4th thru October 23rd, 2019 at Chesapeake Terrace Elementary School, 2112 Lodge Farm Road, Edgemere, MD 21219. Cost is $20 per child. For more info contact Aubrey Adams at aubreyadams38@gmail.com

**Goalball** – Is a competitive 3-on-3 team sport played indoors primarily by individuals who are blind/vision impaired, however sighted individuals may play as well. (All players wear blindfolds). The Maryland Raptors Goalball team currently practices on Wednesdays, 6-9pm at the Loch Raven Center, 1801 Glen Keith Blvd. and are looking to add new members to the team. Individuals ages 13 and older, regardless of abilities, may join the program; there is no cost to join the program.

In addition to Wednesday night practices, the goalball program will offer an introductory skills clinic for new players on Saturdays, (dates: TBA) from 6 to 9pm at the Loch Raven Center Gymnasium. For additional information, please contact mdgoalball@gmail.com.

**Adapted Lacrosse** – The Parkville Recreation and Parks Council will be offering an adapted lacrosse program for boys and girls with disabilities, ages 8 to 25 on Thursdays, 6:00pm-7:30pm. Starting September 13th through September 27th. Program will be held at NERRC, 7501 Oakleigh Road. Cost is free. For more information, email Marty Delaney at adaptivelacrosse@gmail.com.

**THERAPEUTIC RIDING**

**The Therapeutic Horseback Riding Program**, a cooperative effort between the Office of Therapeutic Recreation Services and the Maryland Council for Special Equestrians (MCSE), offers *Equine Facilitated Therapy* to individuals with disabilities. For more information regarding registration, cost, class availability and necessary paperwork for any of the following horseback-riding programs please contact Tina at 443-487-1347 or email Tina at
The program operates year-round, 2501 Frederick Road in the Catonsville area with the following opportunities:

**Barn Buddies** – Join us for our “Barn Buddies” program! This is a classroom-based program that will also have hands-on horse related activities. “Barn Buddies” consists of four 1-hour classes that will include, but are not limited to: grooming, feeding and leading, and is designed for individuals of all abilities, ages 10 years and older, including adults. For additional information and/or to register, please contact Tina Wehland at 443-487-1347.

**Recreational Riding** Riders learn basic horseback riding and horse safety while improving their physical fitness, socialization and communication skills. Classes are offered during the weekday morning hours. To be considered for the program, applications must be completed and returned to MCSE’s office. Some restrictions may apply.

**“Meet the Horse” Field Trips** are scheduled on an individual basis for schools and agencies working with children and adults with disabilities. Two hours of hands-on activities include barn management, leading, grooming, horseback riding, educational activities, etc. in a safe and fun-filled environment. Rain or Shine! Picnic area available. Some restrictions apply in order to participate in the riding component. Please call for necessary paperwork. Limited space, “first come-first served”. Cost is a total of $150 for up to 10 participants and $15 additional for each additional participant.

**Horsin’ Around** – Is a program for Senior Citizens! Participants will enjoy a hands-on experience with our gentle therapy horses, assist in feeding them treats and groom them in our accessible grooming area. Group size limited to 15. $150 for up to 10 participants, $10 for each additional person. Call Angie at 443-388-0364 to schedule.

**Ride with Pride Winter Day Camp** – Dashing through the snow! Join us on December 27th for a winter break day camp, 9:00am – 1:00 pm. Ages 8 and older. Cost is $45.

**Ride with Pride Spring Break Day Camp**

– Join us for our spring break day camp! Dates and times TBD. Please call for more information at 443-487-1347 or for further information.

**Volunteers** are needed mornings, afternoons, and evenings. No previous horse experience is necessary. Duties range from grooming horses to assisting riding instructors and riders. Volunteer training is available; call Angie at 443-388-0364.

**WATER ACTIVITIES**

**An Adapted Aquatics Program** for youth with disabilities, ages 5-16 will be held at The League, 1111 East Cold Spring Lane, on Saturdays from 12:00 pm-12:50pm. Session IV is August 24 - September 28; Session V is October 12 - November 16, 2019. Parent/Guardian participation is required and class size is limited. Cost: $50 per child per 6 week sessions. Additional sessions will be offered in December, 2019 and January, 2020. Please call The League at 410-323-0500 for registration information and for upcoming dates.

**Community Swim** - Baltimore County’s indoor swimming pool facilities, located at the Dundalk and Randallstown Community
Centers, and operated by the Y of Central MD on the following days and times: Randallstown – Fridays 4-8:45pm and Sundays 12-4:45pm, Dundalk – Fridays 3-7pm and Sundays 12-4pm. Cost is $7.00 per person per day for adults ages 13 years and older and $5.00 per person for youth ages 12 and younger/Seniors ages 65 & older. Each facility has a 6-lane 25-meter pool and is accessible for individuals with mobility impairments. The Dundalk Community Center is located at the corner of Dunmanway and Trading Place, 410-285-7616; the Randallstown Community Center is located at 3505 Resource Drive, 410-496-4272.

“The Sky is the Limit

Community Theatre

Show Dates for “The Sky is the Limit” Community Theatre’s production of “Annie”, will be held on December 6th and December 7th at 7:00pm and December 8th at 3:00pm at the Eastern Regional Performing Arts Center (within the North Point Government Center), 7701 Wise Avenue in Dundalk. Tickets are available at the door, $10 for adults and $8 for senior citizens and children 12 and under.

A group/school performance date is set for Thursday, December 5th at 10:00am. Tickets are $5.00 per person. Reservations are required for this date. Call 410-887-5370.

Auditions for “The Sky is the Limit” Community Theatre’s spring production will be held at the Eastern Regional Performing Arts Center (within the North Point Government Center, 7701 Wise Avenue in Dundalk on Saturday, January 25th, 12:00pm-3:00pm, and Monday, January 27th, 6:30pm-8:00pm. Auditions are for children and adults. People with disabilities are welcome and encouraged to audition. Please be prepared to sing a song (not a requirement) and bring a photograph. Technical people (i.e., costumes, make-up, props, sets, sound, and lighting) are also needed. Tentative show dates May 2nd thru May 5th. For more information, please call 410-887-5370.

Show Choir and Jr. Show Choir – Like to sing? Singers of all abilities are invited to improve their singing skills with a group as well as learn a few basic performance moves. Beginning October 4th and end with a combined recital in May, 2020 at 7:00 pm at the Eastern Regional Performing Arts Center (within the North Point Government Center, 7701 Wise Avenue). Please call the office at 410-887-5370 for the schedule. Junior Show Choir is for youth with and without disabilities, ages 6 to 13 (elementary and middle school) and meets Fridays 6:30-7:30pm; Show Choir is for ages 14 years thru adult (high school and older), with and without disabilities, and meets Fridays 7:30-9:00pm. Participation cost is $15 per child and $20 per adult. For additional information or to register, please call Debbie Staigerwald, 443-722-9012.

DANCE

A Tap Dance Program for individuals with disabilities, ages 16 years and older, will be held at Cromwell Valley Elementary School, 825 Providence Road in Towson, on Tuesdays from 6:15pm-7:00pm. Classes start October 8th and will conclude with dance routines to be performed during the musical theatre’s final production in May, 2020. Registration is $30.00. Tap dance class is held prior to the musical theatre program on Tuesday nights. (Participants are encouraged to register for both programs). For more information or to register, call Therapeutic Recreation Services at 410-887-5370.
**DiversAbility Dance** – The Greater Pikesville Recreation Council is offering a style of dance that creates pictures and tells stories using the body. It combines the beauty of ballet, the sharpness of jazz and the rhythmic patterned articulation of modern movements in a fluid manner to interpret feelings and emotions to the audience. In this class students will explore floor work as well as turns, leaps and extensions. For ages 15 to 35 years and program will be held on most Wednesdays beginning October 2, 2019 and ends May 24, 2020 from 6:15pm to 7:15pm and meet at Pikesville High School, 7621 Labyrinth Road in the Activity Room. Pre-registration required. Participants may register online at www.pikesvillerec.org. Contact Liz Terschuur for more information at 443-760-8975 or info@missiondanceworks.org

**Social Dances** will be held on the first Friday of the month, beginning October 4, 2019 and ending on June 5, 2020 from 7:00-10:00pm at General John Stricker Middle School, 7855 Trappe Road, 21222. For young adults with developmental disabilities, ages 16 and older. Cost is $5.00 per person at the door and includes light refreshments. Call the Berkshire Recreation Office at 410-887-7180.

**PERFORMING ARTS**

**“Curtain Up” Acting Classes** - ages 6 thru 14 years, for people with and without disabilities. This acting class has two sessions. Session I will begin September 15th, and end on November 3rd, and Session II will begin February 9th and ends in March, both are from 10:00am-11:30am, Saturdays at the Eastern Regional Performing Arts Center, (within the North Point Government Center, 7701 Wise Avenue in Dundalk). Lead instructor is Tammy Kaskel. The cost is $15 per person/per session and pre-registration is required. To register, call 410-887-5370.

**Singing and Dancing Fun** – Learn songs and dances in a group setting. Program is for adults with developmental disabilities, ages 21 and older. Meets on Thursdays, 10:30 to 11:30 a.m. in the theater at the North Point Government Center, 7701 Wise Avenue in Dundalk. Starts on October 10th and ends in May, 2020. Program will have a winter and spring recital. For further information call 410-887-5370.

**Musical Theatre**

Musical Theatre is a creative arts program designed to expose adults with developmental disabilities, ages 16 years and older, to the performing arts. Participants will learn songs and dances from some of America’s most well-known and beloved musicals. This program is offered in two locations in the County:

In Dundalk, at the **Eastern Regional Performing Arts Center** (within the North Point Government Center, 7701 Wise Avenue) - Thursdays, 12:00-2:00pm. Beginning on October 10th and ends in May. Call the Therapeutic Recreation Office at 410-887-5370.

**SOCIAL PROGRAMS**

**Metro Baltimore Deaf Seniors Club** sponsored by the Essex-Stembridge Recreation Council, meets on the 1st Thursday of every month beginning January 2, 2020 and end on December 3, 2020, 10am-2pm at Essex Elementary School Recreation Activity Room for social events such as luncheons, bingo, educational speakers, trips, movies and more! Program is for seniors ages 45 and older who are deaf or hearing impaired. Cost is
contingent on activities. For additional information call the Essex-Stembridge Recreation Office at 410-887-0255.

In Fullerton, the “Bingo Buddies” offers monthly bingo games for adults with developmental disabilities ages 16 years and older at the Fullerton Community Center, 7209 Belair Road in Overlea. There is a one-time registration cost of $5.00 and $3.00 per night. Program will meet from 7:00pm-9:00pm on the 2nd Friday of each month beginning on September 13, 2019 through June 12, 2020. For information, contact Debbie Day at 410-661-2415, Sherri Handley at 443-465-8346, or Overlea-Fullerton Recreation Office at 410-887-5307.

In Catonsville, “Rolling Road Social Center” at Westchester Elementary, Fridays, 7:15pm-9:30pm for ages 18 and up. Program runs every Friday, September 13th through June, 2020. Includes karaoke, DJ with dancing, holiday theme parties and bowling. Cost is $2 per week. Bowling is $6 for members and $7 for non-members. Call George Spurr at 410-859-8941 or the Catonsville Recreation office at 410-887-0959.

SIGN LANGUAGE CLASSES

Introductory Sign Language Classes – For youth ages 6 and older and adults will be held at the Loch Raven Center Cafeteria, 1801 Glen Keith Blvd. Towson 21286; cost is $40 per person.

Daytime Fall class – will be held on Thursdays, 10:30 – 11:30 am, starting October 24th and ending November 21, 2019.

Fall class will be held on Tuesdays, 7:00 – 8:00 pm, starting October 22nd and ending November 19th.

Winter class will be held on Tuesdays, 7:00 – 8:00 pm, February 11th through March 10, 2020. For more information please call 410-887-5370.

HORTICULTURAL THERAPY

The Office of Therapeutic Recreation Services in collaboration with TALMAR (Therapeutic Alternatives of Maryland), a non-profit organization that offers horticultural, recreational, educational and vocational therapy activities and training programs at Cromwell Valley Park, 1994 Cromwell Bridge Road in Towson/Parkville area. A horticultural therapist oversees programs and activities designed to improve participants’ social, psychological and physical well-being. Programs are offered to individuals/groups with and without disabilities of all ages in both a greenhouse and a garden setting. Vocational programs leading to employment in the agricultural or horticultural career fields may be funded through DORS. Volunteers are welcome and horticultural and agriculture internships are available.

For more information about TALMAR, including the programs/events listed below, please call 410-825-2020, email talmar@talmar.org or visit http://www.talmar.org

Seed Savings – Learn to collect, process, store, germinate and preserve your favorite varieties of vegetables and flowers while saving money in the process. October 19th, $15 pp ages 10 and older; 10:00am – 12:00pm.

Family Halloween on the Farm – Trick or Treat around the farm. Games, crafts, healthy treats, face painting and other family-friendly activities. October 26th, 3-7pm, Cost $8 for 1 parent/1 child or $18 for family (limit 5) ages 3-12 with parent(s).
Thanksgiving Crafts for Kids – Pine Cone Turkey. November 23rd, 10am-12pm, $3 per person or $5 for 2 people.

Wreath Making – November 30th & December 7th, 1-3pm, Cost $45; Ages 10 and older.

DIY Holiday Ornament – November 30th, December 7th, & 14th, 9am-12pm, Cost is $3pp/$5 for 2 people.

Holiday Trees - Purchase your premium Fraser fir Christmas trees beginning November 29, 2019; on Fridays from 12pm to 5pm & Saturdays and Sundays from 9:30am to 5pm. The trees will be 3’- 9’ in height; proceeds support TALMAR’s programs for individuals with disabilities. Wreaths or swags are available with advanced order. Bring the whole family to visit our greenhouse during the holiday season and enjoy hot chocolate while selecting a tree.

NEEDED: Camp Nurses

Baltimore County Recreation and Parks is looking for registered nurses (RNs) who would like to be a part of our fun summer day camp program for youth with disabilities. Positions are for 6 weeks (5 weeks of camp and 1 week of training/camp set-up). Our Camp Nurse visits 3 camps during the summer, with the primary responsibility of distributing medication on a daily basis. Position includes paid mileage and holiday pay. If you are a registered nurse, or know of one who may be interested in working a fun-filled summer, please contact TR Services at 410-887-5370; tr-rp@baltimorecountymd.gov

INCLEMENT WEATHER POLICY

**Weekdays:** Whenever schools are closed by snow, ice or other severe weather conditions for the entire day OR before regular dismissal time, all recreation programs at school-recreation centers as well as Recreation and Parks sites are cancelled.

If the snow emergency plan is put into effect after regular school dismissal, all recreation programs are cancelled at the time of implementation.

**Weekends/Holidays:** During a winter weather event when school is not in session, recreation programs will be cancelled with the implementation of the snow emergency plan. Weather related announcements that affect the entire county will be announced on WBAL radio, 1090 AM as well as our web site: www.baltimorecountymd.gov/agencies/recreation.

The Baltimore County Department of Recreation and Parks support the **Americans with Disabilities Act** and welcomes the full participation of individuals with disabilities. Reasonable accommodations will be provided to encourage and maintain program participation. To request special accommodations, please give as much notice as possible by calling the specific program or the Office of Therapeutic Recreation Services at 410-887-5370. This newsletter is available in alternative format upon request.

If you wish to be placed on our newsletter notification list, please submit your name and email address to: tr-rp@baltimorecountymd.gov
LeisureResources

Baltimore County
Department of Recreation and Parks
Therapeutic Recreation Services
9831 Van Buren Lane
Cockeysville, MD  21030

Coordinator:  Karen L. Volz
Assistant Coordinator: Carla de Mendonca
Office Assistant: Janice Castle

410-887-5370
410-887-5319 (TT/Deaf)

http://www.baltimorecountymd.gov/agencies/recreation/programdivision/therapeutic/index.html